



355th Services Squadron



Davis-Monthan AFB, AZ.

SAM'S NOTES

A Supplement to the Desert Airman

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Graphics: Robin Branson

Friday, May 23, 2003

Services News Briefs

Juvenile Law Workshop



The Pima County Teen Court Staff will be at the Youth Center on June 4th from 7 p.m. to 8:30 p.m. to present a workshop on juvenile law, common arrests, juvenile records and the Teen Court Program. Children and parents are invited to attend. The workshop is free of charge. For more information call Kathy Sands at 228-8373.

National Youth Sports Program

The National Youth Sports Program will be offered this June at the University of Arizona. This is a great opportunity for youth to receive instruction and participate in various sports.

According to the University of Arizona's Athletic Department's website, the NYSP combines sport instruction with educational programs for Tucson youth ages 10-16. NYSP is open to all youth in the community and is FREE for all enrollees. NYSP participants receive a NYSP tee shirt, two daily USDA meals, transportation from selected sites throughout the city, a free medical exam, and the opportunity to compete and have fun on the UA campus daily.

Some of the sports and activities youth can participate in include tennis, swimming, weight training, softball, track and field, racquet ball, and more including presentations from student athletes.

The program runs from June 2nd to June 30th, 8 a.m. to 1 p.m., Monday through Saturday. The last registration date is May 28th, 5:30 p.m. at McKale Center. Parents and participants are encouraged to attend the orientation session to finalize paperwork and meet the staff.

Applications are available at www.nysptucson.com, the D-M Youth Center, or by calling 621-4694. For more information call 228-8484.

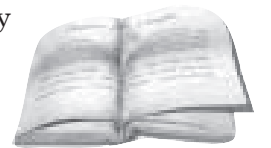


Summer Reading Program

This year's Summer Reading Program at the Base Library will kick off on June 2nd and continue every week until August 1st. The theme "Lights, Camera, READ!" will encourage children to spend a smarter summer reading. Special events and group activities will be held every Thursday from 10 to 11 a.m. Events and dates are as follows:



Date	Event	Sponsor
June 5	Dental Program	355th Medical Group
June 12	Fire Safety	355th Civil Engineering Squadron, Fire Protection
June 19	Reptiles	International Wildlife Museum
June 26	Helping Dogs Demo.	Handi-Dogs Inc.
July 3	What about weather?	25th Operational Weather Squadron
July 10	Safe/Drug Free Kids	355th Medical Group, Family Advocacy
July 17	To be announced	To be announced
July 24	Desert Ecology	Saguaro National Park
July 31	Desert Conservation	Saguaro National Park



An awards ceremony will be held on July 31st to present 1st, 2nd, and 3rd place prizes for the most books read and recorded for each of three age categories: children under age 6, 7-10 year olds, and 11-14 year olds. For more information please stop by the library in building 4339 or call them at 228-7149.

Summer Specialty Camps



BOYS & GIRLS CLUBS
OF AMERICA

The Youth Center begins their "Summer Specialty Camps" starting on June 10th and ending on August 1st. The camps are an outstanding outlet for youth during the summer months and provide a fun and educational way to spend those extra days off.

The camps will run every Tuesday through Friday from noon until 4 p.m. for youth ages 8-12. Cost of each session is \$50 per person with a minimum of 8 and maximum of 16 participants per session.

1st session: Jun 10-13 & 17
BGCA "Ultimate Journey"

2nd session: Jun 24-27 & Jul 1-3
4-H "Junior Master Gardener"

3rd session: Jul 8-11 & 15-18
Creative Writing

4th session: Jul 22-25, Jul 29-Aug 1
4-H "Theatre Arts Adventures"

For more information please stop by or call the Youth Center at 228-8484.



From now until August 14th, D-M Bowling Center customers will have the opportunity to participate in the new Fast Lanes "Scratch 'N Win" game. Customers purchasing a large fountain drink will receive a game piece and could be the instant winner of great prizes. Fast Lanes participants will also have the opportunity to fill out the Fast Lanes entry form attached to each game piece for a chance to win a collectible NASCAR racing hood replica or the grand prize NASCAR VIP trip to Atlanta Motor Speedway and attend the Coca-Cola Racing Family Reunion and private dinner with NASCAR drivers! Sponsored by Coca-Cola. For more information call 228-3461.



DESERT OASIS ENLISTED CLUB
DAVIS-MONTHAN AFB

DESERT OASIS ENLISTED CLUB IN MAY 2003

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cashier Hours: T-F: 11am-5pm Office Hours: T-F: 9am-4:30pm TOP 3 Lounge: Fri: Opens 3pm	Shock Wave Lounge: Mon: Closed Tues: 4-9pm Wed-Thurs: 4-11:30pm Fri: 3-11:30pm Sat: Closed Sun: Closed	Cabanas: Mon: 10:30am-8pm Tues-Thurs: 10:30am-9pm Fri: 10:30am-10pm Sat: 1-10pm Sun: 1-8pm	Eat at the O'Club Lunch Served: Mon-Fri 11am-1pm Dinner Served: Wed & Thurs 5:30-8pm	Barber Shop: Mon-Fri: 8am-5pm Sat: 8am-1pm 748-8710		
Don't Forget Sunday Brunch at the O'Club 10am-2pm 11 MOTHER'S DAY BUFFET! Reservations Required \$17.95 members receive \$2 discount 2 seatings: 1000-1200 1230-1430 11 Cabanas CLOSED Cabanas Open 10am-8pm CLUB CLOSED SUNDAYS	Cabanas Open 10:30am-8pm CLUB CLOSED MONDAYS 26 Memorial Day Cabanas CLOSED	Members First DOLLAR DAYS ACC DOLLAR 7 DAYS! Lunch Only \$1 11am-1pm, Wed, 7 May (Members Only) Shock Wave Lounge Taco Wed! FREE tacos 5pm Shock Wave Lounge 4-11:30pm Shock Wave Lounge Karaoke & M.U.G. Nitel! 7-11pm Bring your own mug for \$1 refills! Your choice of Domestic Draft, Soda or Juice (up to 32 oz) Shock Wave Lounge 4-9pm	Wrecking Crew DJ 7-11pm Cabanas has Frozen Yogurt by the cup or cone for only .95 cents! Shock Wave Lounge 4-11pm Ladies Night! 7-9pm Reduced Drinks for ladies!	Shock Wave Lounge 3-11:30pm Shock Wave Lounge Social Hour Food 5-6pm Karaoke 6-11pm 23 Burger Burn 5-6pm Members Only	Cabanas Open 1-8pm Specials for our under 21 members! DM Members under 21 get all non-alcoholic beverages 1/2 price! Maintain your DM "Z" membership & get credit toward your 21st birthday party at the club! CLUB CREDIT AMOUNTS: 3 months = \$75 6 months = \$150 1 year or longer = \$300 Club Closed Saturdays	

Call Brenda at 228-3100 to book your special functions! (Booking by appointment only)

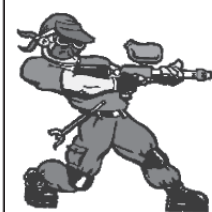
For current information on Services activities, check out our WEBPAGE at www.dmservicesonline.com

Golf Summer Specials

Take advantage of Blanchard Golf Course's great Summer Specials. Every Saturday and Sunday, rounds of golf are only \$15 after 1 p.m. and \$10 after 4 p.m. On Monday through Friday, golf for only \$18 after 9 a.m., \$15 after 1 p.m. and only \$10 after 4 p.m. All Summer Specials include a golf cart! The weekend special will be in effect for this Memorial Day. For more information call 228-3734.



Paintball Range



Have some fun with your buddies at Outdoor Rec's Paintball Range! The range is off of Yuma Road at the old Archery Range and is open Saturdays and Sundays from 8 a.m. to 3 p.m. For more information call Outdoor Recreation at 228-3736.

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OFFICERS' CLUB
DAVIS-MONTHAN AFB

D-M Officers' Club in May 2003

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Club: 748-0660 Club Closes Mondays at 2pm Lunch: M-F 11am-1pm Dinner: Wed-Thurs 5:30-8pm Sunday: Brunch 10am-2pm	Barber Shop: 748-8968 M-F: 8am-5pm	Members receive up to a \$2 discount per person for lunch or dinner. "It Pays to be a Member!"				
MOTHER'S DAY BUFFET! Reservations Required \$17.95 (members receive \$2 discount) 2 seatings: 1000-1200 1230-1430 Sunday Brunch! Members \$12.95 10am-2pm All of your favorite breakfast & lunch dishes! Kids 6-10, \$3 Kids 5 & under Eat FREE	Monday Lunch Chef's Choice! Club Closes 2pm Mondays	Tuesday Lunch Smorgasbord Buffet ACC DOLLAR 7 DAYS! Lunch Only \$1 11am-1pm, Wed, 7 May (Members Only) Club Closes 2pm Tuesdays	Wednesday Lunch BBQ Buffet Poly Bar Officers' Lounge Opens 4pm Wed Social Hour 5-6pm Free Tacos for members Prime Rib Buffet Dinner 5:30-8pm \$13.95 (mbrs receive a \$2 discount) Kids eat for \$3.95	Thursday Lunch Carved Roast Beef & Ham Leadership Graduation No Evening Dining 2-4-1 Steak/Chicken Fish Night \$14.95 Members night only 5:30-8pm Poly Bar Officers' Lounge Opens at 4pm Social Hour 5-6pm	Friday Lunch Fried Catfish Buffet Poly Bar Officers' Lounge Opens at 4pm Enjoy Social Hour Food 5-6pm 6:45 Club Bucks Drawing! 23 Burger Burn! 5-6pm Members Only	Join us for lunch Mon-Fri 11am-1pm Call Sherry at 228-3301 to book your special functions! (Bookings by appointment only.)

26 MEMORIAL DAY CLUB CLOSED

Remember Our Country's Heroes on MEMORIAL DAY

For current information on Services activities, check out our **WEBPAGE** at www.dmservicesonline.com

Arts & Crafts Center's Children's Program

The Arts and Crafts Center's children's summer program kicks off on June 3rd. Classes will be held Tuesday, Wednesday, and Fridays from 1 to 3 p.m. in building 4531. Parents can drop off their children for the 2-hour session and the center will provide all lessons. Classes will include; crafting critter magnets and pins, groovy gecko catch pots, mosaic birdbaths, winged trinket boxes, and much more. Class costs range from \$5 to \$7.50 and includes all supplies. Pre-registration is required. Look for your June Services Activities Magazine (SAM) coupon for half off any one class. Schedules are available at the center. For more information call 228-4385.



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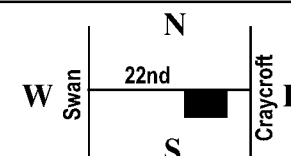


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New Book Brings Help and Confidence to Parents of Toddlers

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That's what author Bridget Barnes believes parents who use the techniques and skills explained in the new book, *Common Sense Parenting of Toddlers and Preschoolers*, can gain. Those skills have been taught to parents of 2 to 5 year-olds in workshops offered by Girls and Boys Town since 1996 and are now available to any parent through the book just published by Boys Town Press.

When a parent realizes that "I can correct my child, he or she may get upset with me, but the child is still going to love me," the parent gains confidence, according to Barnes. The book shows parents how to stay calm, communicate clearly, set boundaries, have reasonable expectations, give consistent consequences, and teach a young child self-control and other skills.

Parenting toddlers can be a time of high conflict. Many couples are just finding out that they have very different parenting styles — one may see the other as either too lenient or too strict, says Barnes. It may not be an exaggeration, she adds, to say that agreeing to use Common Sense Parenting® techniques "saves marriages. It can lead to a lot less strife."

Parents, according to Barnes, list many of the same problems

with their toddlers — acting up at bedtime and meals, throwing temper tantrums, refusing to take "no" for an answer, etc. In dealing with these issues, however, parents also make common mistakes — treating children like "little adults," giving kids choices they're not equipped to make, and setting expectations too high.

Young children, she says, need lots of reminders, assistance, modeling, and patience. The book provides step-by-step information on how to do these things. Also included are answers to dozens of questions frequently asked by parents of toddlers.

Barnes is the mother of two and stepmother of four children and has been a Common Sense Parenting trainer for 13 years.

Common Sense Parenting of Toddlers and Preschoolers is available from the Boys Town Press, 14100 Crawford St., Boys Town, NE 68010, 1-800-282-6657, www.girlsandboystown.org/btpres

Boys Town Press is the publishing division of Girls and Boys Town, the original Father Flanagan's Boys' Home.

For more tips on parenting, visit our Web site: www.parenting.org or call the Girls and Boys Town National Hotline, 1-800-448-3000.

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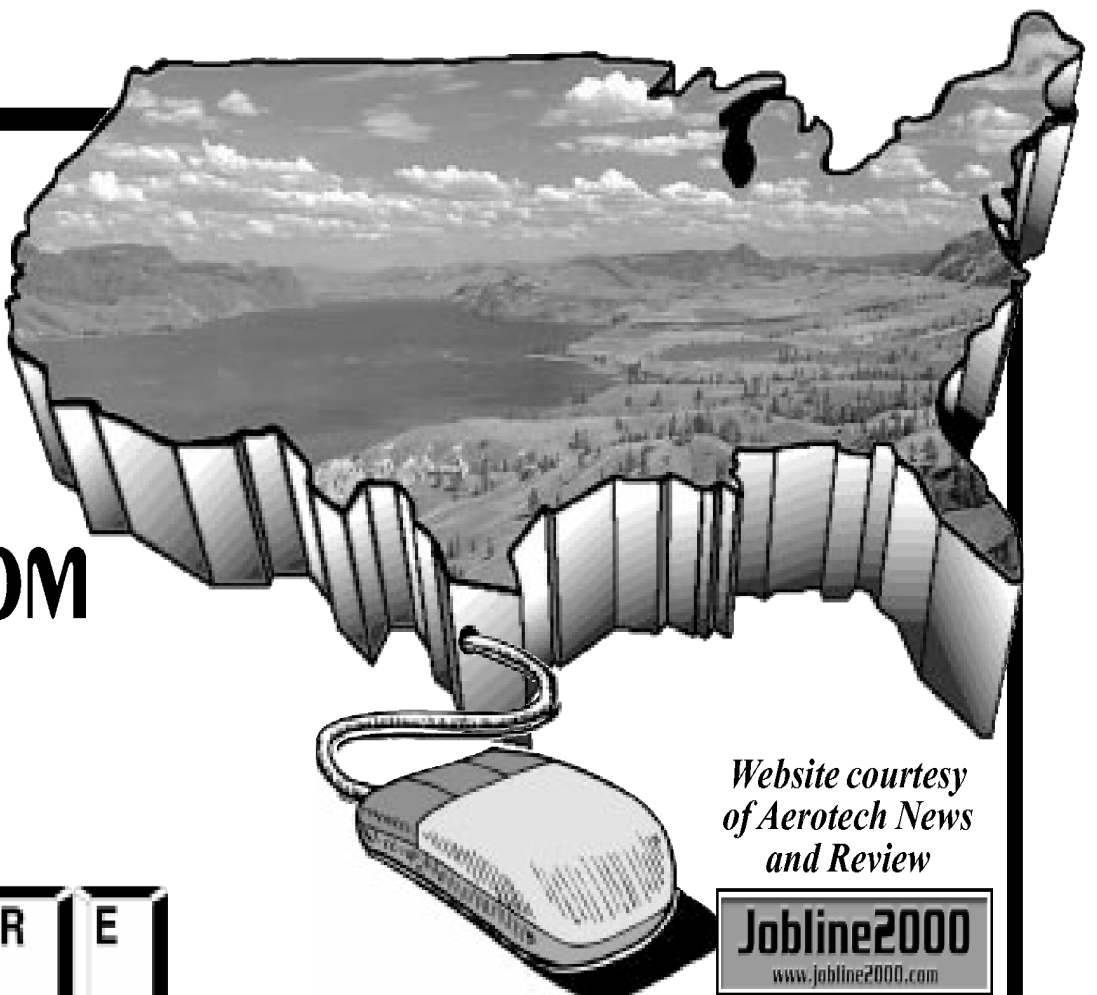
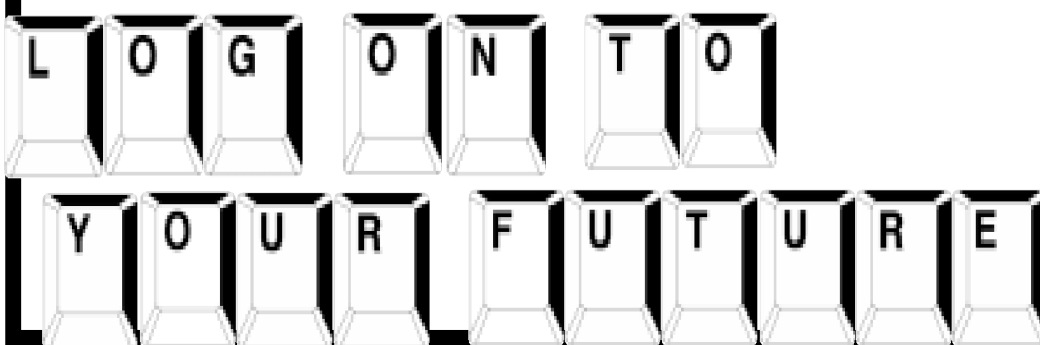
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